









nrgBalance 12345

- 1 hour of physical activity each day
- 2 or less hours of screen time each day
- 3 meals each day
- 4 or more glasses of water or low/no calorie beverage each day
- 5 or more servings of fruits and veggies each day

Feb 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>**All Salads are served with a variety of low fat dressing choices.</p> <p>**All breads served are whole grain (WG).</p>			<p>1 Ham BBQ Sandwich On WG Bun Greens Beans Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>2 Chicken Alfredo Pasta Fresh Salad WG Roll Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>18 Baked Fish Sandwich on WG Bun Carrots Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>5 Focus on fruits!</p> 
<p>5 Elementary Alternate Entrée Baked Popcorn Chicken WG Roll</p>	<p>14 Turkey and Cheese Wrap Carrot & Celery Sticks Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>7 Ham, Egg & Cheese on WG Bagel Baked Hash Brown Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>8 Mexican Pizza on WG Crust Green Beans Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>9 Baked Pizza Burger on WG Bun Fresh Salad Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>10 NO SCHOOL In-Service Day</p> 	<p>11 Vary your veggies!</p> 
<p>12 Elementary Alternate Entrée Pizza with WG Crust</p>	<p>13 NO SCHOOL Snow Make Up Day</p> 	<p>14 Taco Grande/Salsa Corn Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>15 Baked Chicken Tenders Baked Spiral Fries WG Roll Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>16 Spaghetti/Meat Sauce Fresh Salad WG Breadstick Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>17 22 Rodeo Burger On WG Bun Zucchini Sticks Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>18 Make half your grains whole!</p> 
<p>19 Elementary Alternate Entrée Cheeseburger on WG Bun</p>	<p>14 Chicken Wrap Broccoli, Cauliflower & Carrots Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>21 Chili Dog on WG Bun Baked Fries Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>22 Toasted Cheese on WG Bread Tomato Soup Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>22 Stuffed WG Crust Pizza Fresh Salad Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>24 Baked Macaroni & Cheese Green Beans WG Roll Fresh Fruit/Juices Lowfat Milk Choices</p>	<p>26 Go lean with protein!</p> 
<p>26 Elementary Alternate Entrée Chicken Sandwich on WG Bun</p>	<p>27 *Mama Jill Burger on WG Bun Baked Potato Wedges Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>14 Steak and Cheese Wrap Mixed Vegetables Fruit/Fruit Juices Low Fat Milk Choices</p>	<p>29 Baked Italian Hot Pocket Broccoli Fresh Fruit/Juices Low Fat Milk Choices</p>	<p>*Mama Jill Burger is a cheeseburger with low fat Big Mac sauce, lettuce and pickle.</p>		<p>Get your calcium rich foods!</p> 